

Maryland Comprehensive Health Education Framework

Grade Pre K

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Mental and Emotional Health

- Identify different emotions. 1a.P.1 (Physical Education)
- State that anger and other big or strong emotions are common. 1a.P.2 (Physical Education)
- Recognize the feelings of another child. 1a.P.4 (Physical Education)

Safety and Violence Prevention

- Identify trusted adults or helpers who can provide help with feelings and solving problems. 1d.P.5 (School Counseling)
- Identify personal boundaries. 1d.P.7 (School Counseling)
- Identify everyone has the right to tell others not to touch their body when they do not want to be touched. 1d.P.8 (School Counseling)

Healthy Eating

- Identify that water is important for the body. 1e.P.1 (Physical Education)
- Identify foods that contain helpful nutrients. 1e.P.3 (Physical Education)